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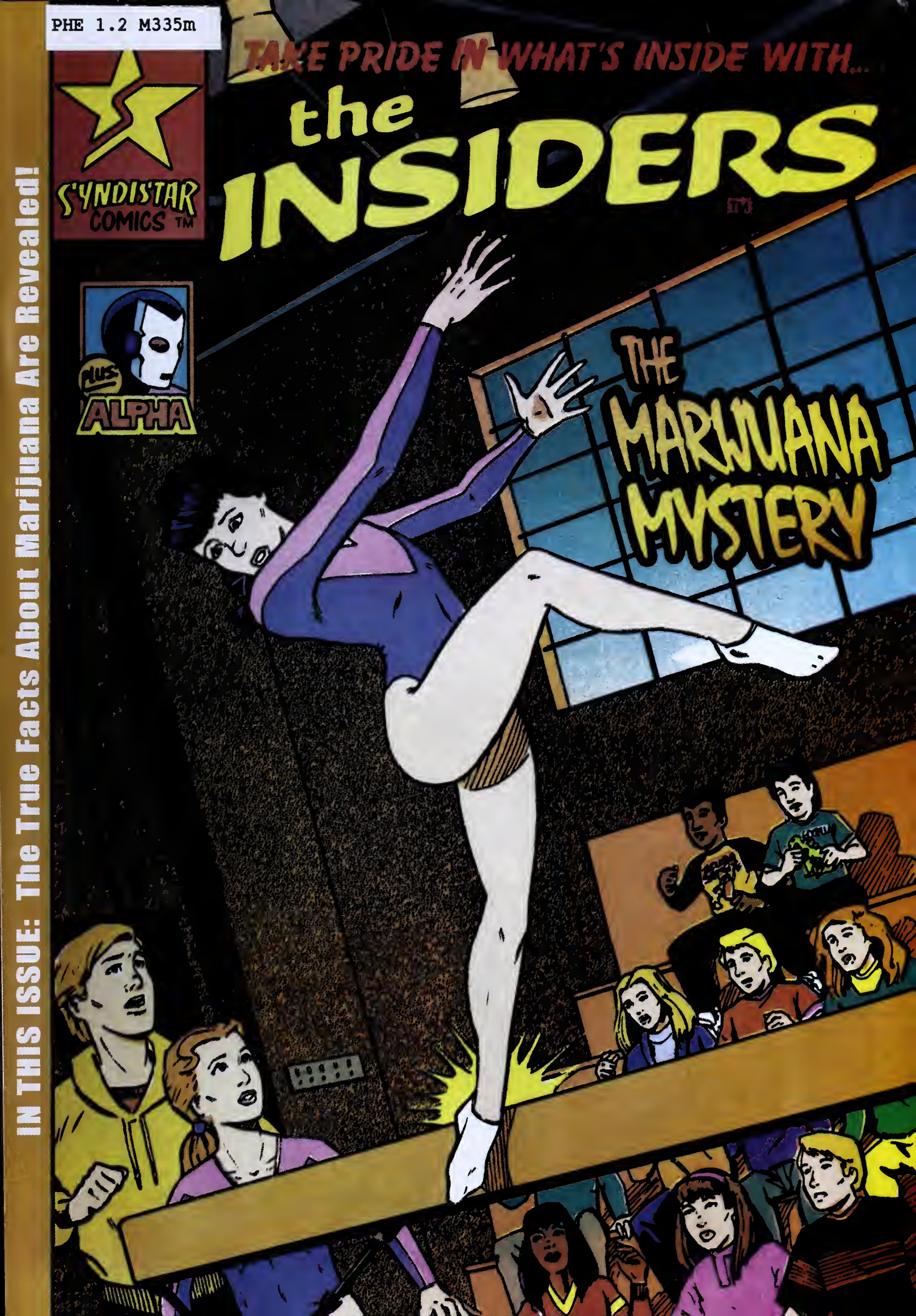
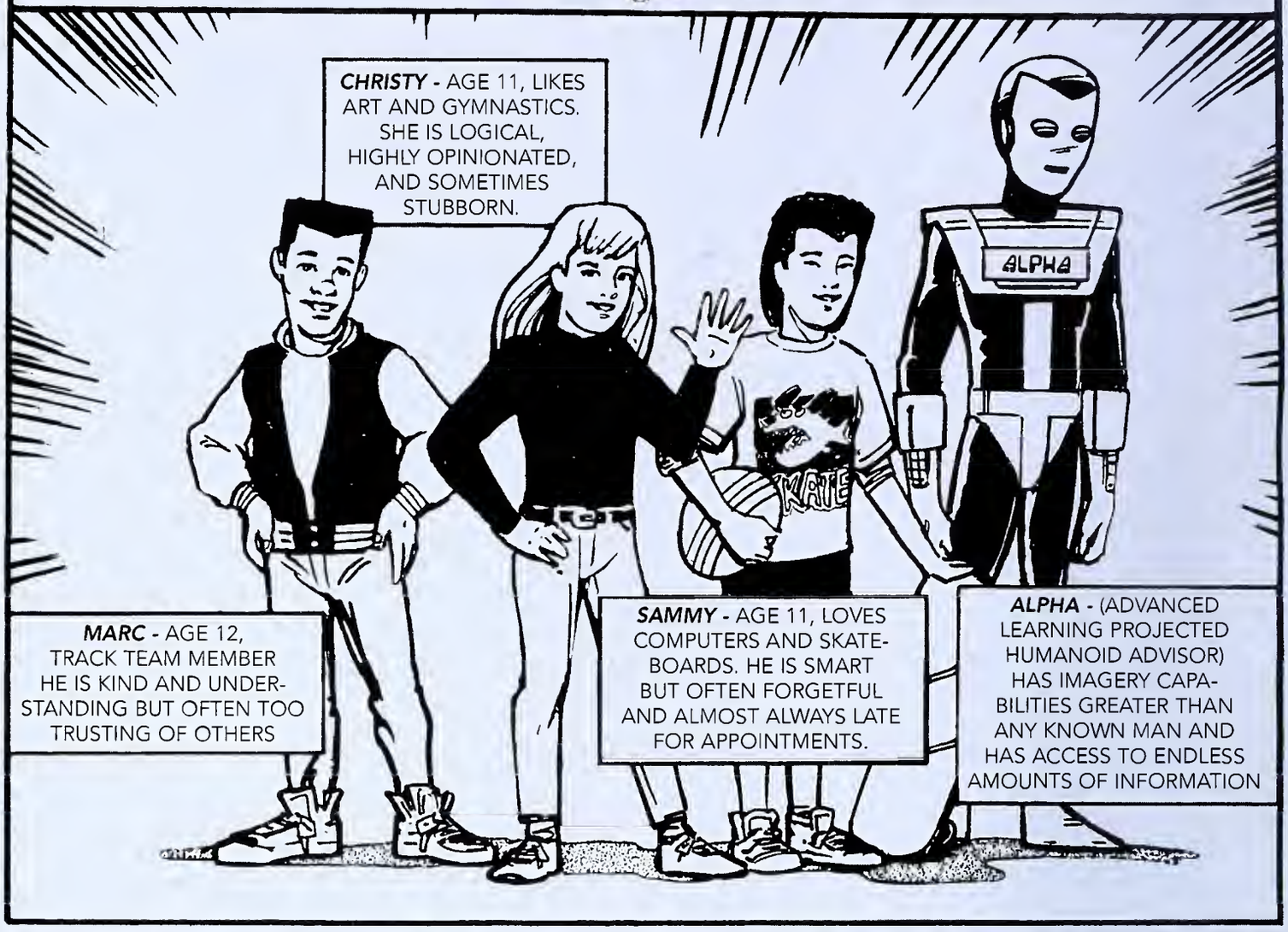
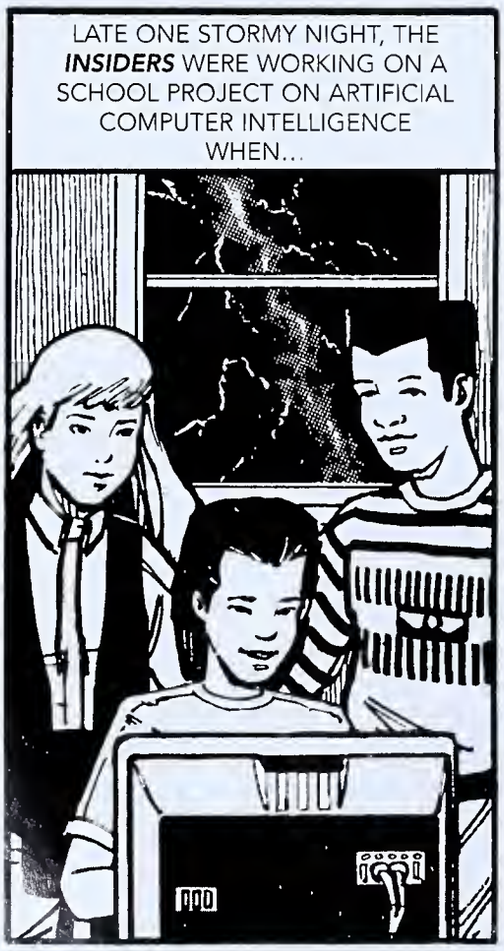
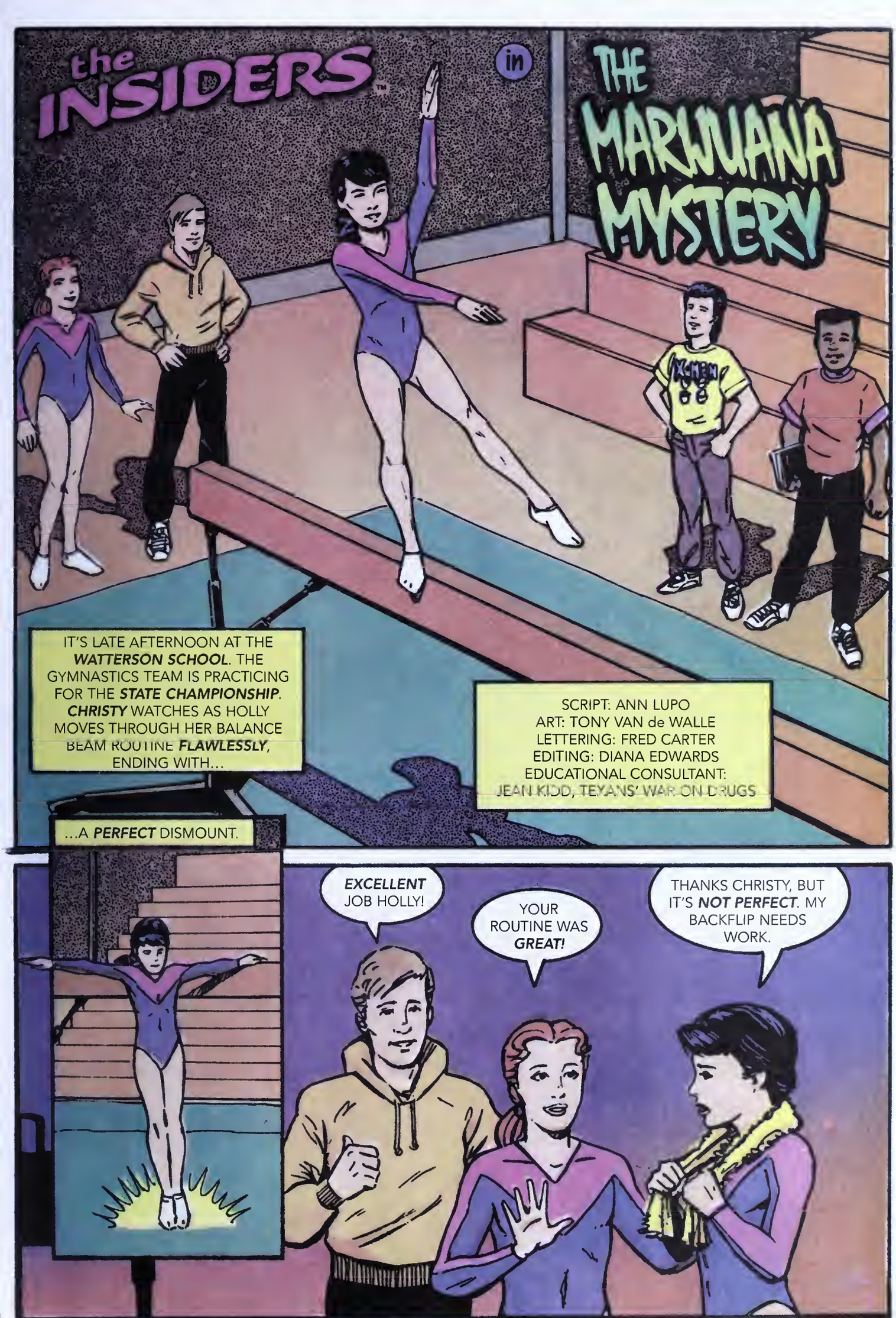

TAKE PRIDE IN WHAT'S INSIDE WITH...
the INSIDERS
SYNDISTAR COMICS
PLUS ALPHA
THE MARIJUANA MYSTERY
IN THIS ISSUE: The True Facts About Marijuana Are Revealed!

it's time to meet... the INSIDERS™


CHRISTY - AGE 11, LIKES ART AND GYMNASTICS. SHE IS LOGICAL, HIGHLY OPINIONATED, AND SOMETIMES STUBBORN.
ALPHA
MARC - AGE 12, TRACK TEAM MEMBER HE IS KIND AND UNDER-STANDING BUT OFTEN TOO TRUSTING OF OTHERS
SAMMY - AGE 11, LOVES COMPUTERS AND SKATE-BOARDS. HE IS SMART BUT OFTEN FORGETFUL AND ALMOST ALWAYS LATE FOR APPOINTMENTS.
ALPHA - (ADVANCED LEARNING PROJECTED HUMANOID ADVISOR) HAS IMAGERY CAPA-BILITIES GREATER THAN ANY KNOWN MAN AND HAS ACCESS TO ENDLESS AMOUNTS OF INFORMATION



ALPHA
WHEN THE RUSH OF ELECTRICITY FADED AWAY, ALPHA STOOD NEARBY. NOW WITH THEIR FRIEND, THE INSIDERS TEACH OTHERS HOW TO STAY HEALTHY AND TAKE PRIDE IN WHAT'S INSIDE.

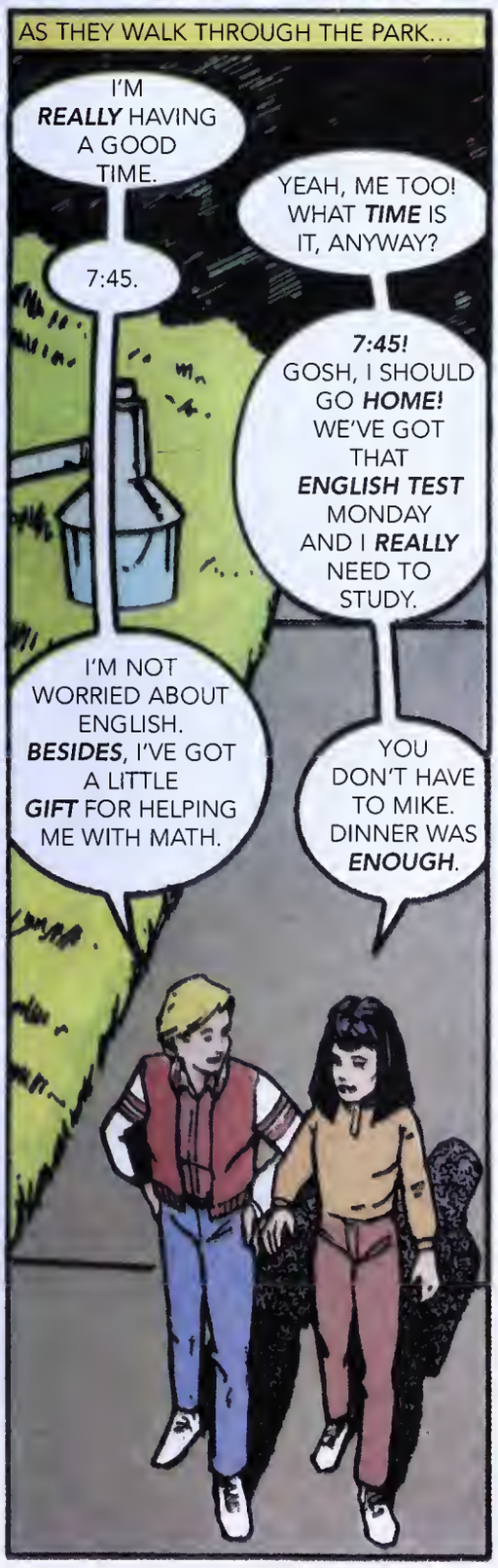

the INSIDERS™
in
THE MARIJUANA MYSTERY
IT'S LATE AFTERNOON AT THE WATTERSON SCHOOL. THE GYMNASTICS TEAM IS PRACTICING FOR THE STATE CHAMPIONSHIP. CHRISTY WATCHES AS HOLLY MOVES THROUGH HER BALANCE BEAM ROUTINE FLAWLESSLY, ENDING WITH...
SCRIPT: ANN LUPO
ART: TONY VAN de WALLE
LETTERING: FRED CARTER
EDITING: DIANA EDWARDS
EDUCATIONAL CONSULTANT:
JEAN KIDD, TEXANS' WAR ON DRUGS
...A PERFECT DISMOUNT.
EXCELLENT JOB HOLLY!
YOUR ROUTINE WAS GREAT!
THANKS CHRISTY, BUT IT'S NOT PERFECT. MY BACKFLIP NEEDS WORK.

IT'S TWO WEEKS TILL STATE. BY THEN YOU'LL BE *PERFECT!*
I *HOPE* SO. I JUST DON'T WANT TO BLOW IT.
YOU GUYS LOOK *TERRIFIC!*
WE'LL BE STATE CHAMPS FOR *SURE!*
I WOULDN'T TAKE THAT FOR *GRANTED*. WE HAVEN'T WON *YET*.
I'LL SEE YOU IN SCHOOL TOMORROW.
THE NEXT DAY...
I THOUGHT THE WORD PROBLEMS WERE HARD. *YOU* PROBABLY GOT AN *"A."*
I STUDIED FOR *HOURS* – I'D BE LUCKY TO GET A *"B."*
MIKE IS *SO* CUTE.
LOOK AT THOSE GIRLS TRYING TO *IMPRESS* HIM.
I WISH MIKE WOULD ASK *ME* TO THE DANCE.
HE HASN'T TALKED TO ME *ONCE*.
WATTERSON S
SPRIN
DANC
GET YOUR TICK
WELL, *YOU* TALK TO *HIM*.
ME? I'D PROBABLY SAY SOMETHING *STUPID* AND HE'D THINK I WAS *WEIRD*.
TALK ABOUT *SCHOOL*.
I DON'T WANT HIM TO THINK I'M A *BRAIN*.
WOULD HE *REALLY* LIKE ME?

BRRRIIINNNNNGGG
SEE YOU *LATER*, CHRISTY!
I HAVE YOUR *TEST RESULTS*, CLASS.
FOR HOMEWORK, TAKE THE PROBLEMS YOU GOT WRONG AND *CORRECT* THEM BY *MONDAY*.
GOOD WORK AS *ALWAYS*, HOLLY.
A-
MIKE, I'M AFRAID THIS IS BECOMING A *HABIT* WITH YOU.
B
AFTER CLASS...
CAN I *TALK* TO YOU, MIKE?
HUH? OH, *SURE*.
I *HOPE* YOU DON'T GET MAD, BUT I SAW YOUR *GRADE*, AND WELL...
I WAS THINKING THAT *MAYBE* IF WE STUDIED TOGETHER...
YEAH, OTHERWISE I'LL *FLUNK* FOR *SURE*...
... NOT THAT I REALLY *CARE*. HA! HA!
GREAT! SO WHY DON'T WE MEET *TOMORROW* AT THE *LIBRARY?* HOW'S 3:30?
OKAY, *3:30 IT IS*. THANKS, HOLLY.
YOU'RE *ALRIGHT!*

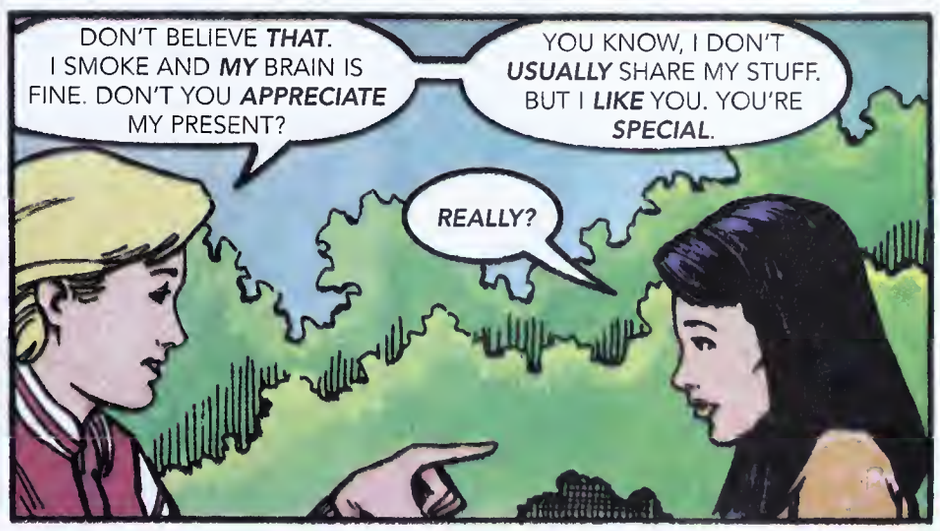
AT LUNCH...
I'M MEETING MIKE *TOMORROW* AT THE *LIBRARY!*
THAT'S *TERRIFIC* – BUT WILL YOU STILL MAKE *PRACTICE* AT 6:00?
SURE, I'LL BE THERE.
SATURDAY AFTERNOON...
HEY, *HOLLY*, WHERE'RE YOU BEEN?
I'VE BEEN HERE *WAITING* ALMOST AN *HOUR*.
I GUESS I *FORGOT* ABOUT THE TIME.
WE'D BETTER GET *STARTED*. I HAVE TO MEET CHRISTY AT *6:00*.
HEY, I GOT A *GREAT IDEA*. FORGET THIS STUDYING STUFF. LET'S GET SOMETHING TO *EAT!*
BUT WHAT ABOUT OUR *HOMEWORK?*
NO PROBLEM. GIVE ME YOUR TEST AND I'LL *COPY* THE ANSWERS.
UNLESS – YOU DON'T WANT TO GO OUT WITH ME.
OH NO!
I WANT TO GO – *REALLY!*
IT'S A *DATE*.
COOL! I'VE GOT PLANS FOR US YOU WOULDN'T *BELIEVE*. LET'S GO!
HE *DOES* LIKE ME! WAIT TILL *CHRISTY* HEARS.
LIT

MIKE AND HOLLY GET TO KNOW EACH OTHER OVER A PIZZA. HOLLY CAN'T REMEMBER WHEN SHE'S HAD SO MUCH FUN.
Please... WAIT TO BE SEATED


AS THEY WALK THROUGH THE PARK...
I'M **REALLY** HAVING A GOOD TIME.
YEAH, ME TOO! WHAT **TIME** IS IT, ANYWAY?
7:45.
7:45! GOSH, I SHOULD GO **HOME!** WE'VE GOT THAT **ENGLISH TEST** MONDAY AND I **REALLY** NEED TO STUDY.
I'M NOT WORRIED ABOUT ENGLISH. **BESIDES**, I'VE GOT A LITTLE **GIFT** FOR HELPING ME WITH MATH.
YOU DON'T HAVE TO MIKE. DINNER WAS **ENOUGH**.

HERE, **HOLD** THIS WHILE I GET MY **LIGHTER**.
THIS LOOKS LIKE **MARIJUANA!**
IT **IS**. IT'S MY WAY OF SAYING **THANKS**.
I DIDN'T KNOW **YOU** SMOKED MARIJUANA.
THAT'S THE GOOD PART. **NO ONE** KNOWS.

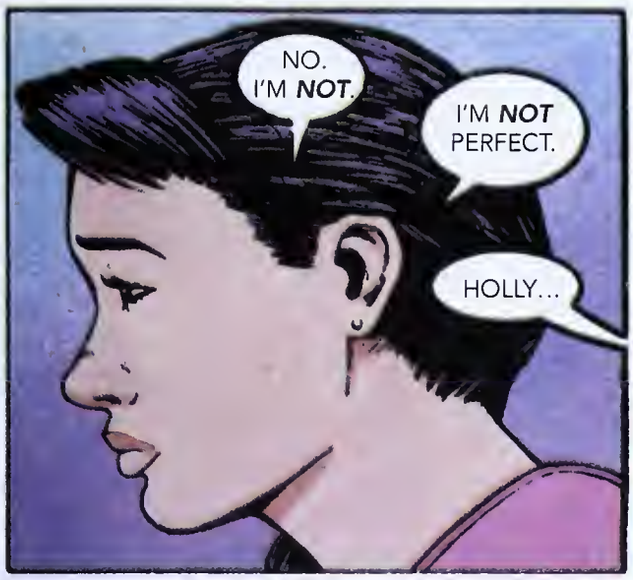
HERE, LIGHT IT UP.
WAIT, MIKE. MARIJUANA IS **BAD** FOR YOU.
I HEARD IT DOES SOMETHING TO YOUR **BRAIN**.


DON'T BELIEVE **THAT**. I SMOKE AND **MY** BRAIN IS FINE. DON'T YOU **APPRECIATE** MY PRESENT?
YOU KNOW, I DON'T **USUALLY** SHARE MY STUFF. BUT I **LIKE** YOU. YOU'RE **SPECIAL**.
REALLY?

I KNOW IT'S **BAD**, BUT IF I SAY NO HE'LL **NEVER** ASK ME TO THE **DANCE**.
I **GUESS** IT WON'T HURT, JUST THIS **ONCE**.
SURE. HAND THE JOINT BACK. I'LL LIGHT IT AND YOU **RELAX**.
MIKE LET'S HOLLY SMOKE.
MONDAY AT SCHOOL...
HOLLY, WHAT **HAPPENED?** YOU MISSED **PRACTICE** ON SATURDAY.
OH WELL –
STUDYING TOOK LONGER THAN I **THOUGHT**, AND ANYWAY, **MIKE** TOOK ME OUT TO **EAT**. I DIDN'T GET HOME UNTIL **AFTER DARK**.
DID YOU STUDY FOR **ENGLISH?**
I STUDIED. I'VE GOT AN **"A"** IN THE CLASS ANYWAY.
LOOK! HERE COMES **MIKE**.
?
HI, MIKE. I **REALLY** HAD A TERRIFIC TIME SATURDAY.
SURE I'LL BE THERE.
YEAH, ME TOO, **LOOK** – MEET ME AFTER SCHOOL.
REMEMBER, PRACTICE IS AT **6:00** TODAY.
YEAH, RIGHT. NO PROBLEM.
SPRING

LATER IN THE PARK...
WHAT'S WRONG? YOU LOOK BUMMED OUT.
I THINK I *BOMBED* THAT ENGLISH TEST.
I *SHOULD* HAVE STUDIED.
DON'T LET IT *GET* TO YOU.
I GET BAD GRADES *ALL THE TIME*.
HERE'S SOMETHING TO MAKE YOU FEEL *BETTER*...
TAKE A HIT.
I DON'T *THINK* SO. IT MADE ME FEEL *WEIRD*.
ANYWAY, I HAVE TO *PRACTICE* LATER.
C'MON. TOKE IT UP. IT HELPS THE *STRESS*.
YOU'LL BE *GREAT*. DON'T YOU *TRUST* ME?
I TRUST YOU MIKE. I *GUESS* IT'S OKAY.
THEY SMOKE...
LATER AT PRACTICE...
HEY, GUYS! HOW'S IT *GOING?*
WHERE HAVE YOU *BEEN* HOLLY?
SATURDAY YOU DIDN'T SHOW AND *TODAY* YOU'RE OVER AN *HOUR* LATE!

LATE?
I GUESS I DIDN'T REALIZE WHAT TIME IT WAS.
GET READY. YOU'RE UP NEXT.
YOU DON'T LOOK SO GOOD.
I'M FINE.
EVERYTHING IS TERRIFIC.
BUT EVERYTHING ISN'T TERRIFIC...
WHAT'S WRONG WITH HOLLY? IT LOOKS LIKE SHE FORGOT THE ROUTINE.
THAT'S NOT LIKE HER.
DON'T YOU REMEMBER THE ROUTINE?
SURE... I JUST LOST MY CONCENTRATION.
MY FEET HAVE A MIND OF THEIR OWN.
WHAT'S WRONG WITH YOU?
I JUST TOLD YOU, I...
NO, I MEAN WHAT'S REALLY WRONG?
YOU'RE ALWAYS ON TOP OF THINGS, ALWAYS THE BEST.


NO. I'M **NOT**.
I'M **NOT** PERFECT.
HOLLY...

SIT OUT FOR A WHILE. WAIT TILL YOU **FEEL** BETTER.
I CAN **HANDLE** IT. **LEAVE ME ALONE**.

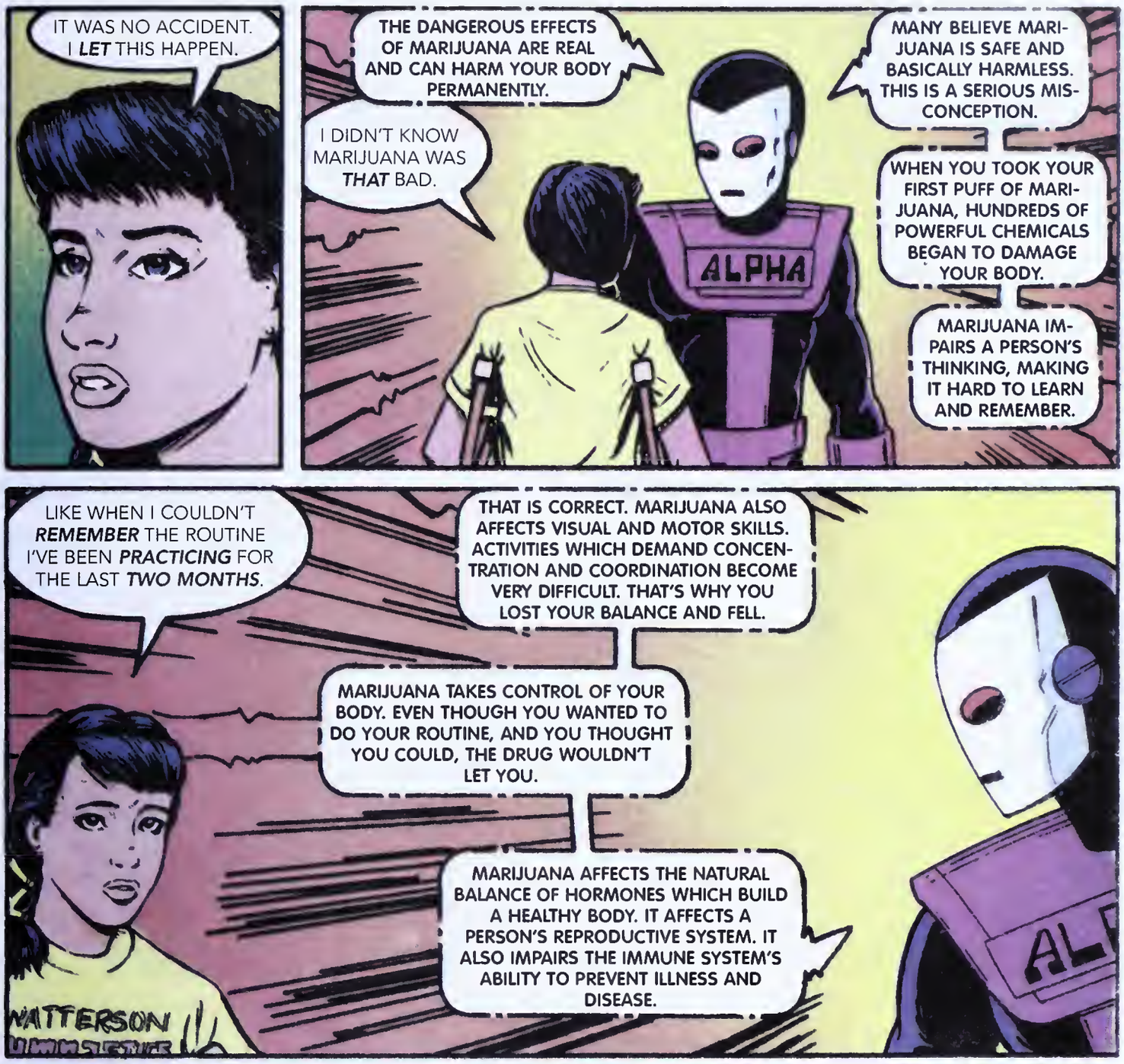
THEN...
OHHH!!

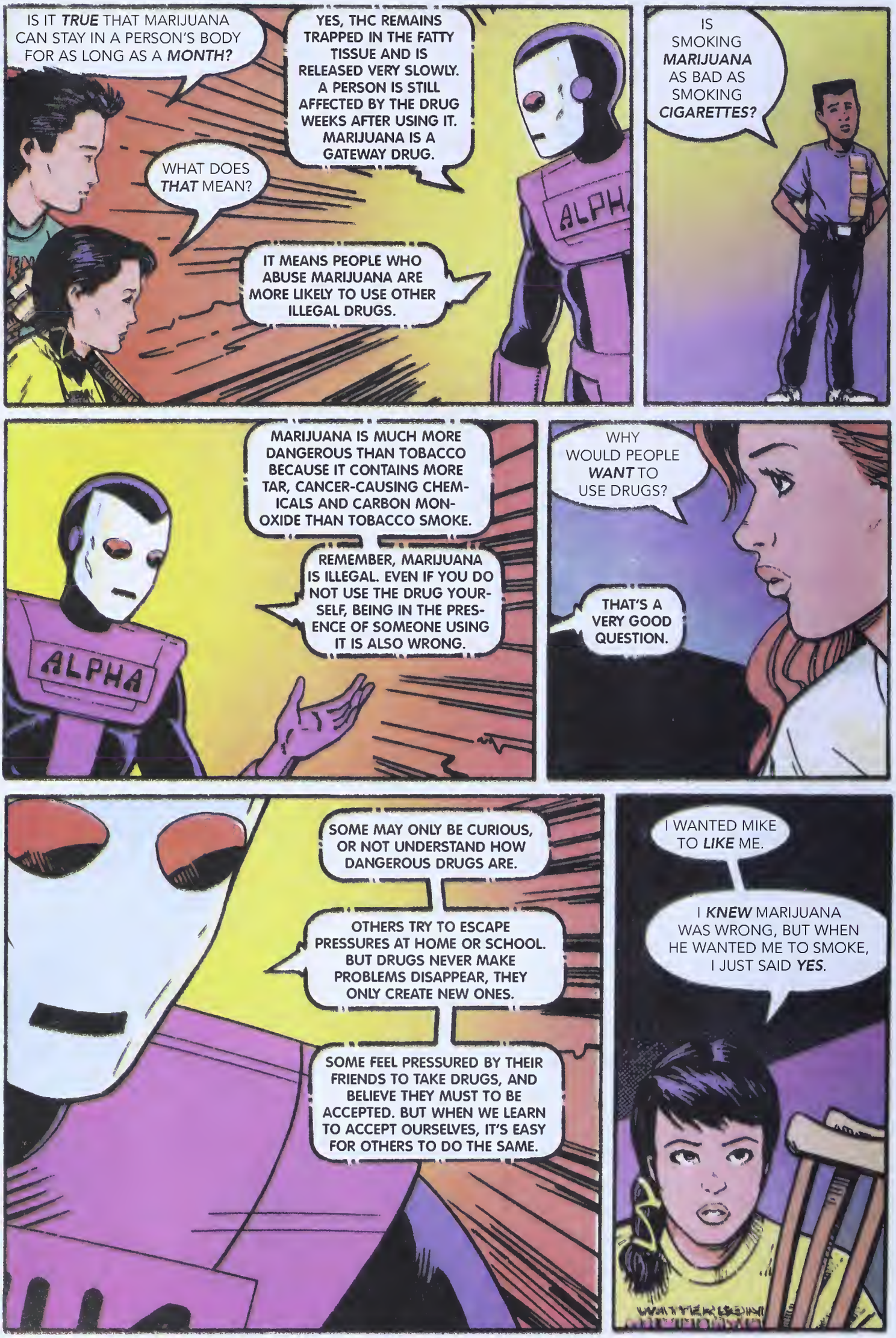
LIE STILL.
THE **TRAINER'S** ON HIS WAY.

IT'S **ALL** MY FAULT! *(SOB)*
I **KNEW** IT WAS WRONG.
I **JUST** WANTED HIM TO **LIKE** ME SO HE WOULD ASK ME TO THE **DANCE**.

WHAT WAS WRONG?
MIKE GAVE ME **MARIJUANA**. AT **FIRST** I TOLD HIM IT WAS BAD – BIT I **SMOKED** IT ANYWAY.
I'M **SO STUPID**.

YOU'RE *NOT* STUPID.
YOU MADE A *BAD DECISION*.
I SURE DID – BUT IT'S *TOO LATE* NOW.
IT'S *NEVER* TOO LATE TO LEARN THE *FACTS*. I'M GOING TO INTRODUCE YOU TO A *FRIEND* OF MINE.
HE'LL TEACH YOU ABOUT *MARIJUANA* AND WHAT IT *DOES* TO YOUR BODY.
THE NEXT DAY AT SAMMY'S HOUSE...
HOW'S THE *ANKLE?*
IT'S *DEFINITELY* A SPRAIN AND I'M *OUT* OF THE *CHAMPIONSHIPS*.
WE'VE ALL MADE BAD DECISIONS...
SOMETIMES THE *CONSEQUENCES* ARE *HARD* TO LIVE WITH.
BEEP BEEP! BEEP!
LET'S CALL *ALPHA*.
WHAT'S HAPPENING?!
ALPHA, THIS IS MY FRIEND *HOLLY*.
GOOD AFTERNOON, YOUR FRIENDS TOLD ME ABOUT YOUR ACCIDENT.
FFAS SSPP!
ALPHA


IT WAS NO ACCIDENT. I *LET* THIS HAPPEN.
THE DANGEROUS EFFECTS OF MARIJUANA ARE REAL AND CAN HARM YOUR BODY PERMANENTLY.
I DIDN'T KNOW MARIJUANA WAS *THAT* BAD.
MANY BELIEVE MARIJUANA IS SAFE AND BASICALLY HARMLESS. THIS IS A SERIOUS MISCONCEPTION.
WHEN YOU TOOK YOUR FIRST PUFF OF MARIJUANA, HUNDREDS OF POWERFUL CHEMICALS BEGAN TO DAMAGE YOUR BODY.
MARIJUANA IMPAIRS A PERSON'S THINKING, MAKING IT HARD TO LEARN AND REMEMBER.
ALPHA
LIKE WHEN I COULDN'T *REMEMBER* THE ROUTINE I'VE BEEN *PRACTICING* FOR THE LAST *TWO MONTHS*.
THAT IS CORRECT. MARIJUANA ALSO AFFECTS VISUAL AND MOTOR SKILLS. ACTIVITIES WHICH DEMAND CONCENTRATION AND COORDINATION BECOME VERY DIFFICULT. THAT'S WHY YOU LOST YOUR BALANCE AND FELL.
MARIJUANA TAKES CONTROL OF YOUR BODY. EVEN THOUGH YOU WANTED TO DO YOUR ROUTINE, AND YOU THOUGHT YOU COULD, THE DRUG WOULDN'T LET YOU.
MARIJUANA AFFECTS THE NATURAL BALANCE OF HORMONES WHICH BUILD A HEALTHY BODY. IT AFFECTS A PERSON'S REPRODUCTIVE SYSTEM. IT ALSO IMPAIRS THE IMMUNE SYSTEM'S ABILITY TO PREVENT ILLNESS AND DISEASE.
WHAT CAUSES A PERSON TO ACT AND FEEL SO *DIFFERENTLY* AFTER SMOKING *MARIJUANA*?
THE MAIN CHEMICAL CONTAINED IN MARIJUANA IS TETRAHYDROCANNA – BINOL, "THC" FOR SHORT.
WHEN MARIJUANA SMOKE IS INHALED, THC IS ABSORBED INTO THE BLOOD AND CARRIED THROUGHOUT THE BODY. THC AFFECTS THE BRAIN AND CAUSES THE "HIGH."


IS IT *TRUE* THAT MARIJUANA CAN STAY IN A PERSON'S BODY FOR AS LONG AS A *MONTH*?
YES, THC REMAINS TRAPPED IN THE FATTY TISSUE AND IS RELEASED VERY SLOWLY. A PERSON IS STILL AFFECTED BY THE DRUG WEEKS AFTER USING IT. MARIJUANA IS A GATEWAY DRUG.
WHAT DOES *THAT* MEAN?
IT MEANS PEOPLE WHO ABUSE MARIJUANA ARE MORE LIKELY TO USE OTHER ILLEGAL DRUGS.
ALPH
IS SMOKING *MARIJUANA* AS BAD AS SMOKING *CIGARETTES?*
MARIJUANA IS MUCH MORE DANGEROUS THAN TOBACCO BECAUSE IT CONTAINS MORE TAR, CANCER-CAUSING CHEMICALS AND CARBON MONOXIDE THAN TOBACCO SMOKE.
REMEMBER, MARIJUANA IS ILLEGAL. EVEN IF YOU DO NOT USE THE DRUG YOURSELF, BEING IN THE PRESENCE OF SOMEONE USING IT IS ALSO WRONG.
ALPHA
WHY WOULD PEOPLE *WANT* TO USE DRUGS?
THAT'S A VERY GOOD QUESTION.
SOME MAY ONLY BE CURIOUS, OR NOT UNDERSTAND HOW DANGEROUS DRUGS ARE.
OTHERS TRY TO ESCAPE PRESSURES AT HOME OR SCHOOL. BUT DRUGS NEVER MAKE PROBLEMS DISAPPEAR, THEY ONLY CREATE NEW ONES.
SOME FEEL PRESSURED BY THEIR FRIENDS TO TAKE DRUGS, AND BELIEVE THEY MUST TO BE ACCEPTED. BUT WHEN WE LEARN TO ACCEPT OURSELVES, IT'S EASY FOR OTHERS TO DO THE SAME.
I WANTED MIKE TO *LIKE* ME.
I *KNEW* MARIJUANA WAS WRONG, BUT WHEN HE WANTED ME TO SMOKE, I JUST SAID *YES*.

YOU MUST LEARN TO TRUST YOURSELF AND HAVE THE COURAGE TO STAND UP FOR WHAT YOU BELIEVE. WHEN YOU DO, YOU'LL BE IN CONTROL.
A SPRAINED ANKLE, AND *NO* STATE CHAMPIONSHIP.
I LET MY *TEAM* AND *MYSELF* DOWN.
USING DRUGS NOT ONLY AFFECTS YOUR PRESENT BUT THE FUTURE AS WELL.
YOUR BODY HAS TO LAST YOUR WHOLE LIFE, SO KEEP IT HEALTHY.
ALPHA
TAKE *PRIDE* IN WHAT YOU PUT INSIDE!
CAMP CHEVIOT HILLS
WOW! I WANT *MIKE* TO KNOW ABOUT *MARIJUANA*.
I DON'T WANT TO SEE *HIM* GET HURT.
TALK TO HIM. HE'S GOT A *BIG PROBLEM*.
OKAY, I'LL *DO* IT.

AT SCHOOL...
HOLLY, I HEARD WHAT HAPPENED. TOO BAD.
IT IS BAD. NOW I CAN'T BE IN THE CHAMPIONSHIPS NEXT WEEK... ALL BECAUSE I SMOKED MARIJUANA.
IT'S NOT MY FAULT. ANYWAY, WHAT'S THE BIG DEAL? SO YOU'RE NOT IN THE CHAMPIONSHIPS.
THAT CHAMPIONSHIP IS IMPORTANT TO MY FUTURE.
DRUGS RUINED IT FOR ME.
IF YOU THINK MARIJUANA IS SO BAD, THEN I GUESS YOU THINK I'M BAD TOO.
... THEN WE SHOULDN'T BE FRIENDS.
GET YOUR TICK
SPRING D
HOLLY...
IF YOU DON'T LIKE ME JUST BECAUSE I WON'T DO SOMETHING THAT WILL HURT ME...

... HOW DID IT GO WITH *MIKE?*
I TOLD HIM WHAT SMOKING MARIJUANA *DID* TO ME.
MIKE NEEDS *HELP*. I'M GOING TO TALK TO *MR. SHELBY*.
D. SHELBY
SCHOOL COUNSELOR
AT THE CHAMPIONSHIPS...
CHRISTY LOOKS *GREAT!* I WISH I COULD HAVE BEEN IN THE COMPETITION.
I *WILL* BE *NEXT* YEAR, BECAUSE I'M *NEVER* GOING TO USE *DRUGS AGAIN*.
THEN I'LL BE A WINNER FOR *SURE!*
YOU *DON'T* HAVE TO WAIT UNTIL *NEXT YEAR*...
YOU'RE *ALREADY* A *WINNER!*
YOU *SAID* IT!

the INSIDE TRACK

ANSWER THE FOLLOWING QUESTIONS.

1. Quote examples from the text which indicate Holly's lack of self-esteem and rewrite them to reflect a positive attitude.

   _____

   _____

   _____

2. Listed below are common effects of smoking marijuana. Find examples from the story which illustrate these effects.

   Loss of short-term memory: _____

   Altered sense of time: _____

   Lack of concentration or coordination: _____

   Decreased motivation: _____

3. What is the main chemical contained in marijuana?

   _____

4. What is the meaning of "gateway drug?" Name other gateway drugs.

   _____

   _____

5. Discuss why some people use drugs. Explain what's wrong with their reasoning.

   _____

   _____

   _____

6. What reasons could Holly have given to refuse Mike's offer to smoke marijuana?

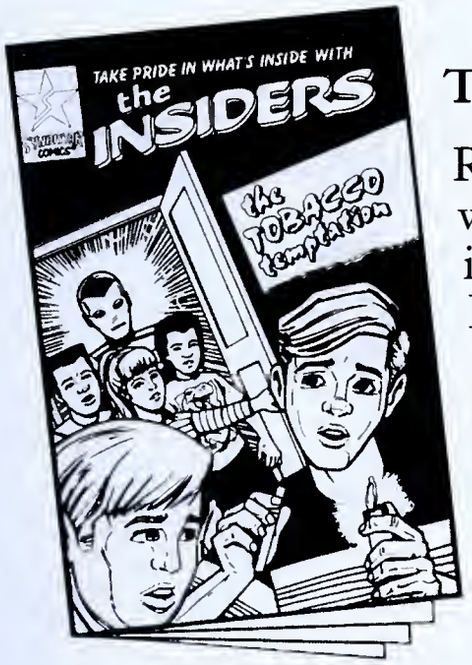
   _____

7. How could you help a friend who uses marijuana or other drugs?

   _____

   _____

Ask for these other exciting issues featuring ALPHA and the Insiders!



THE TOBACCO TEMPTATION

Russell and his friend are surprised when they are caught with cigarettes in the basement of the library. The Insiders and ALPHA confront Russell with the dangers of cigarette smoking and chewing tobacco. Students learn how advertising influences decision making.

TONY'S SOBERING LESSON

In a new school and faced with many changes, Tony will do anything to make friends, even drink alcohol. Under pressure from the "Omegas", Tony takes a drink then learns the hard way that use of alcohol leads to trouble. ALPHA explains how alcohol can affect a person's body and why some people are addicted to alcohol.

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THE MARIJUANA MYSTERY

DEPARTMENT OF HEALTH

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